

**7 WAYS TO BANISH**

*belly bloat*



# A LITTLE ABOUT ME

Hi! I'm Jenn Labonte! Shortly after turning 40, even though I am a Personal Trainer, physically I felt like things just started falling apart. I remember going for a walk with my friends with a metal plated knee brace almost the length of my leg after an osteoarthritis diagnosis that was causing extreme knee pain. Then there was my newly torn rotator cuff (I should mention I'd already had surgery on the other shoulder, and it was a terrible recovery). I used these roadblocks as excuses to not exercise...followed by eating more...drinking more...going to bed late...followed by self-doubt. I've run marathons, triathlons and trained others most of my adult life...and yes, there was still a lot of self-doubt!

Have you heard the saying, "you can't outwork a bad diet?" I talk a lot about macros and balanced living in my social media and blog because it really is the difference. Even after I started physically to build my strength again, it took me another two years to decide to create the balanced eating that went with it. As hard as those first few weeks were to figure it all out, it really has been the undeniable change in both my physical, mental, and emotional well-being!

During this time of education, my life radically changed. I began to understand that the food on my plate was as important as how I was nourishing myself in every other area of my life. I began to consciously take care of myself and slow down. I began to learn which foods were right for my unique body.

I lost unwanted toxicity, inflammation, and weight. **It all clicked!**

I am excited to share with you the ways that you can begin to heal your body. **Always remember you are your own best health advocate.** But sometimes we need a coach or a cheerleader, and that is why I am here for you.

*By working with me, you are taking control of your health and getting educated on how you can learn to navigate what is right for your unique body.*

***You are regaining control of your life!***

# GET READY

My programs will cause your life to transform, and that means losing unwanted weight, glowing from the inside out, recharging your metabolism, balancing your hormones, ditching the belly bloat, and losing those unwanted toxins that keep you feeling tired.

You will become happier and actually feel more alive, more alert, and have less health issues. You will ignite the fire within you, and you will thrive! And, of course, with you in this position of strength and health, all those around you will be healthier, too. **Full tank all the way.**

# EAT SIMPLE & EAT CLEAN

You will feel amazing, plus strip years off of how you look and feel. **I promise, and I know this to be true because it happened for me.**

## FACTS:

95% of your serotonin (the happy hormone) is manufactured in your digestive system.

80% of your immune system is manufactured in your digestive system.

We are focusing on strengthening this part of your body, the gateway to your health. You will boost your immune system, lose weight with ease, feel less bloated, uncover hidden food allergies, and, most of all, **digest with ease, which means looking and feeling fabulous!**

## SLOW DOWN

We are all rushing. Rushing to eat, to squeeze in an errand, meet a deadline, get to an appointment; rushing. So, let us slow down. Start the process with your eating. Stop and actually sit down when you eat. Your body needs you to be calm to actually digest. If you are nervous, your digestive system is in "fight or flight" mode. It cannot work properly when it is stressed. Digestion is about transforming your food into fuel. When we get stressed, tired, or even nervous, our digestion does not function properly, and certainly not optimally.

It is important to slow down so you can have more energy, or fuel, and also to avoid indigestion, bloating, acid reflux, and gas. Before you eat, try and remember to take a deep breath. Be grateful for the food you are about to eat, and also check in with your own body. Try and focus on being present in the moment and have awareness.

Don't shove the food in your mouth as you are running out the door or eat while standing at the counter as we have all done, myself included, more times than I care to remember. Be mindful. Take the time to pause when life gets busy. You will be amazed at the immediate improvement you will see and feel.

Try this amazing exercise I learned during my time at nutrition school to develop your awareness and start to slow down.

- Sit in a relaxed, comfortable position. Breathe through your nose, and notice how the air is slightly cooler going in and slightly warmer going out.
- Place one hand over our heart and one hand over your belly.
- Feel your heart beating, and thank your heart for being there for you all day every day, pumping your blood and keeping you alive.
- Feel your belly, noticing the rise on the inhale and the fall on the exhale.
- Thank your belly for digesting all the food you eat.
- Sit silently with your eyes closed, and allow yourself to be with yourself.
- When you feel ready, take a deep inhale and exhale, open your eyes, rise, and move back into your day.

## CHEW, CHEW, CHEW

Digestion begins in your mouth. Remember when you were little and your mother would tell you slow down and chew your food so that you would not choke? That

always annoyed me as a child, but she was making a great point. When you do not chew your food, it sets the stage for poor digestion. Poor digestion opens the door to let in the unwanted: weight gain, acne, poor sleep, hormonal issues, adrenal fatigue, constipation, acne, IBS, low sex drive, mood swings, and food allergies, to name a few. Serious health issues are not far behind. Most importantly, when you do not digest properly your body cannot transform your food into energy.

I hear this from my new clients all the time. I WANT ENERGY!!!! If you want more energy, then chew your food properly. **I suggest 30 chews per bite.**

## CHECK OUT!

Yes, you heard me. Put down the phone, blackberry, and iPad. Turn off the TV, sit down, and just enjoy the activity of eating. Give yourself some quiet time so you can de-stress and digest! I know life gets busy.

Why? It is so simple: when the body is stressed, it cannot digest, properly function, or effectively transform food into energy, or perform all of its other jobs and metabolic processes.

Start by taking just one minute out of your day to breathe and think of anything that makes you happy.

## GET CULTURED

Start adding a good, quality probiotic to your daily routine. Incorporating cultured foods and drinks to your life, such as yogurt, miso, dairy or non-dairy kefir, kefir water, kombucha, cultured vegetables, and other cultured foods is a great way to improve digestion and overall health. These foods have been around for centuries.

By adding these foods or another high-quality probiotic to your lifestyle, you will lose weight, assimilate your nutrients better, have clearer skin, better sleep, and decrease your body's inflammation. The Greek meaning of probiotic is 'for life'. So, give yourself the gift of a healthy life and get cultured.

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*80% of your immune system is located in your digestive system.*

## **CLEAN OUT THE JUNK**

Eat simple and eat clean. Our digestive system cannot digest junk. When we eat junk, we end up feeling like junk. Simple, right? I find that people often think that they are eating "clean", but actually they are eating foods that are wreaking havoc on their body and causing inflammation. Food either gives us inflammation or fuel. I always vote for the fuel!

### **What is the food on your plate really doing for you?**

My job and passion is to help people learn what foods are "right" for their unique body. Remember that what worked for you at one point in your life may not be working any more. Listen to the cues or signals your body is giving you. If you need support, contact me about how I can teach you to find out which foods work for your unique body! Every year and every season my own body changes and I need to update the foods that make me look and feel fabulous!

## **STAY HYDRATED**

Make sure you are drinking plenty of water. I like to add flavor to my water so I that I do not become bored. This not only boosts flavor, but also enhances digestion if you choose the right additions. My favorites are fresh lemon juice, fresh lime juice, cranberry concentrate, ginger slices, grapefruit, and fresh mint leaves.

## **EXERCISE**

Put on your sneakers (or yoga clothes), because exercise is vital for digestion. Get moving! When you move your body, you move your Qi (the vital energy in your body), and this is key for your digestion. Even if you can only manage 12-15 minutes per day, get your heart pumping, and your digestion will improve. Plus, you will release key endorphins that will make you feel happy and less hungry.

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# You just learned how to add more energy to your life in 7 simple steps!

Here are my favorite drinks, smoothies, and recipes.  
But before that, check out some of my secrets on  
how I stay fit, even after birthing two babies!

## The Power of Food & Digestion

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These statements have not been evaluated by the Food and Drug Administration.  
This is not intended to diagnose, treat, cure, or prevent any diseases.

In order to lose weight, look fabulous, and feel amazing, we need to eat the “right foods”. Yes, you actually need to eat more to lose weight. But finding the “right” more is key. Your body needs food for fuel, but it also needs that food to be the right fuel for your unique body.

In my practice, I focus on helping you find the foods that either serve as fuel for the body or create inflammation in the body. When food inflames the body, you may experience bloating, acid reflux, headaches, sinus issues, weight gain, arthritis, skin problems, and disease, to name a few. I am in the business of disease prevention.

## **YOUR DAILY DRINKS TO ALKALIZE AND GET RID OF THE BLOAT**

A simple day in the life of clean eating should include these:

### **UPON WAKING, DRINK A LEMON ELIXIR**

2 cups warm or room temperature water

Juice from 1 lemon

1 Tablespoon Bragg's raw apple cider vinegar

Pinch of cinnamon and 1 teaspoon raw honey OR a couple drops of stevia  
(use stevia if you are on a yeast cleansing diet or low sugar diet)

*~ stimulates digestion, releases toxins from the liver, and jumpstarts your digestive enzymes*

### **MID-DAY, DRINK A CRANBERRY ELIXIR**

2 tablespoons cranberry concentrate (I prefer Knudsen's, if available to you)

6 ounces of room temperature water

(feel free to add stevia or 1 Tablespoon raw honey to the water for a sweet treat)

*~ great for flushing the lymphatic system and cleansing the bladder and kidneys*

### **BEFORE BED, DRINK A CHLOROPHYLL DRINK TO ALKALIZE**

1 Tablespoon chlorophyll in 12 ounces of water

Juice from 1 lemon

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*Don't have a juicer? No problem.  
Try the Chlorophyll Drink.*

In my own life, I have come to love anti-inflammatory foods because I want to feel good. I eat chlorophyll rich foods daily. You may be wondering what chlorophyll is and why I have been sneaking this amazing superfood into my children's drinks since they were born. Chlorophyll is an amazing cleanser, blood nourisher, detoxifier, and a superfood because it can heal.

Chlorophyll can actually build red blood cells, remove heavy metals from the body, eliminate bad breath, and improve digestion. In addition, it is a prebiotic, because it creates the proper garden in your belly for good bacteria to thrive. **Amazing right?**

Chlorophyll is found in all leafy greens, but my favorites include kale, collard green, parsley, cilantro, and spinach. I juice daily, which has been amazing for healing my own digestion and personal health problems.

## MY SIMPLE, FAVORITE JUICE RECIPE

### A SIMPLE GREEN TONIC

1 cucumber  
5 celery stalks  
1 apple, cored  
3 kale leaves  
Handful of parsley + cilantro  
2 chard leaves  
Juice of 1 lemon

Juice the fruit and veggies, and then stir in lemon juice

## GREAT, NUTRIENT-DENSE SMOOTHIES

### BLACKBERRY CINNAMON

1 cup frozen blackberries  
1 cup water, unsweetened almond milk, coconut milk, hemp milk, or rice milk  
¼ avocado  
1-2 Tablespoons ground flax seeds or chia seeds  
⅛ teaspoon cinnamon  
1 handful of spinach  
Splash of vanilla extract  
Stevia to taste (optional)

### CHOCOLATE BLISS SMOOTHIE

1 cup unsweetened almond milk, coconut milk, hemp milk, or rice milk  
1 frozen banana  
2 cups of chopped spinach  
2 scoops of chocolate protein powder  
1 Tablespoon almond butter  
⅛ teaspoon cinnamon  
Handful of ice  
Stevia to taste (optional)

## HEALTHY SNACKING

Another key component of feeling good throughout the day is keeping your blood sugar stable. You may find that 3 meals a day works for you, while your best friend or partner thrives with 6 mini meals a day. Finding what works for your unique body is key to having energy in life.

***Try some of my favorite Healthy Snacks, if you are a hard-core snacker:***

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- ¼ cup raw seeds or nuts
- 1-2 Tablespoons sunflower seed butter, almond butter, hemp seed butter, or pumpkin seed butter on celery sticks
- 1 sliced cucumber with sea salt + a dash of cayenne
- Fresh figs + ½ cup dairy or non-dairy yogurt
- 1 apple, ½ banana, ½ cup grapes, grapefruit, kiwi, orange, pear, persimmons, or tangerine
- ½ avocado with sea salt + watercress + dandelion leaves
- Raw veggie delight: carrot, celery, cucumber, red pepper & 2 Tablespoons hummus
- ¼ cup of cultured veggies with 2 Tablespoons of dulse flakes (buy them at Whole Doods) - **wonderful for your adrenals, thyroid, and metabolism, plus chock full of vitamins and minerals. This is SUPER for optimal digestion!**